

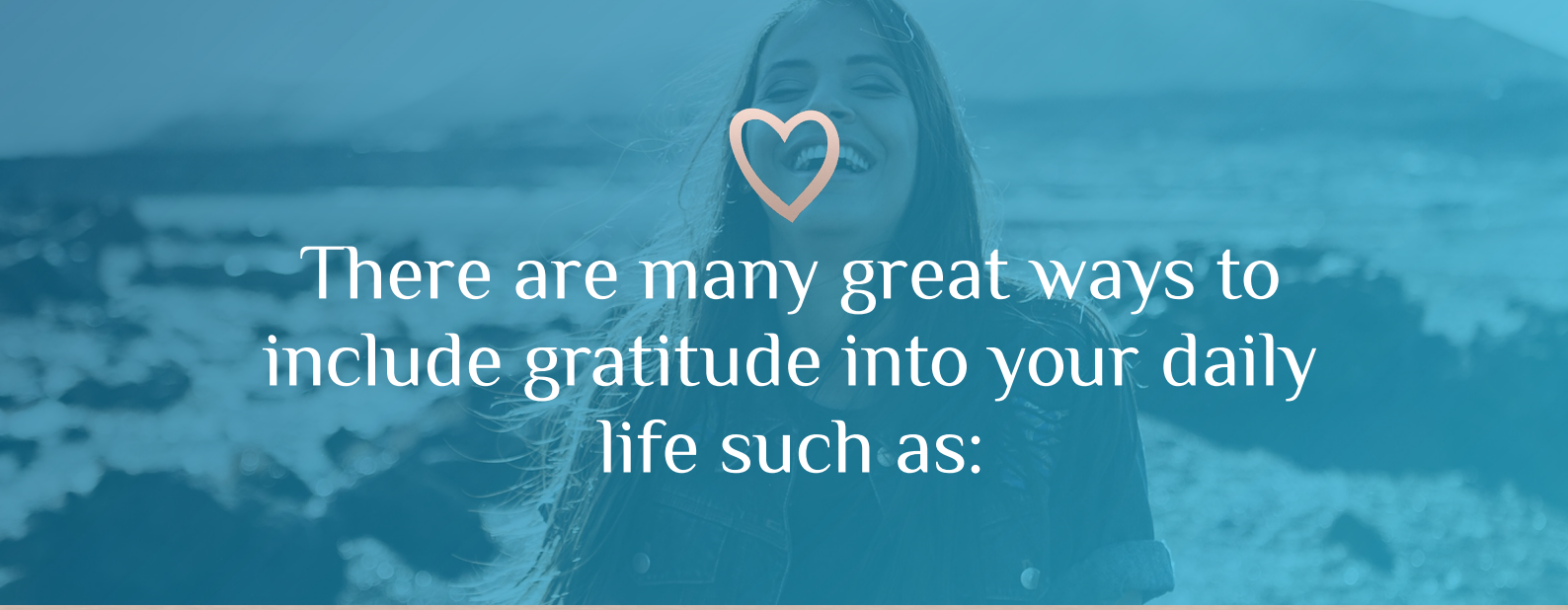


YOUR WELLBEING
Retreat

EMPOWERING YOU WITH A *gratitude mindset*

A gratitude mindset brings more abundance into all areas of your life because you are grateful for what you already have.

Expressing gratitude is a mood enhancer and makes you feel happy. This is because the brain releases dopamine and serotonin which are commonly referred to as the 'feel good' hormones. No wonder it feels amazing to say thank you or when you are appreciated back.



There are many great ways to include gratitude into your daily life such as:



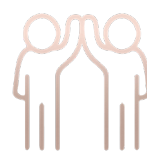
Thank You

Send a thank you letter/card



Gifting

Buy someone a gift of appreciation



Thanks @ Work

Tell someone you are grateful for their support at work



Fill it Up

Keep a gratitude jar on your benchtop at home and fill it with little notes of what you are grateful for



Meal Time

Make gratitude a part of your family meals where everyone shares what they are grateful for today



List It Out

Make a list on your phone or in a journal of 10 things you are grateful for before going to bed

Creating a daily gratitude practise is a great way to bring more abundance into your life. It's a great idea to focus on gratitude in all areas of your life such as relationships, finances, career and health.

If you are ready to live an empowered life, I invite you to start your gratitude practise with the GRATITUDE journal below.

"Acknowledging the good that you already have in your life is the foundation for all abundance"

- ECKHART TOLLE





YOUR gratitude JOURNAL

- Write a list of all the things you are grateful for in your life using the thought prompts below.
- Start each line with '**I am grateful for**' and have fun as you think about what you enjoy in your life and are truly grateful for.
- If one of these areas isn't how you want it to be at present, start off with 1 point and build on it from there as it improves.
- You will be surprised how quickly you will fill up this page, so keep it handy to use on a daily basis and watch the abundance flow into your life in magical ways

Relationships

Eg: I am grateful I get to spend time with my family regularly and make fun memories

Health

Eg: I am grateful for all the organs in my body that keep me healthy

Career

Eg: I am grateful for my job and for the salary I receive daily

Finances

Eg: I am grateful for more than enough money to pay my bills on time



Are you ready to make Gratitude a part of your day and cultivate an abundance mindset?

I invite you to work with me as your empowered mindset coach through 1:1 coaching or by attending one of my workshops.

LEARN MORE **HERE**

"Aradhana has been inspirational from the first time we met. I could talk to her about anything and she was always willing to listen. Her coaching has helped me get my finances & health back on track" - SALEHA

Keep up with us

 @ywr_with_aradhana

 /yourwellbeingretreat

What is Empowered Mindset Coaching?

Empowered mindset coaching teaches you how to apply techniques such as being present, journaling, mindfulness and gratitude to any area of your life that isn't currently thriving.

I offer tailored empowerment programs where we focus on key areas of your life such as relationships, career, finances, health and spirituality.

During each session you will:

- Release limiting beliefs & negative thought patterns
- Increase your self worth
- Build an abundance mindset
- Set SMART goals
- Review progress of your goals
- Work with the circle of life to help bring balance in your life

What are Group Workshops?

Workshops are a great way to connect with like minded women while learning new tools that will empower you to live your best life.

In each workshop we will:

- Work on releasing the 3 top limiting beliefs
- Set 3 SMART goals
- Build personal positive affirmations
- Work on cultivating an empowered mindset

BONUS: In addition you will gain special access to a beautiful community of like minded women via the YWR facebook group where you can keep the conversation going and continue to inspire each other to live our best life.

